



CLEVELAND DIVISION OF POLICE

DIVISIONAL NOTICE



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SUBJECT: CLEVELAND'S STRONGEST COP COMPETITION		NO. PAGES: 1 of 1
CLASSIFICATION:	CHIEF OF POLICE: <i>Metal Mikata</i>	

The Cleveland Division of Police is hosting Cleveland's Strongest Cop Competition as a charity event to raise funds for the Cleveland Police Foundation and the YMCA Strong Kids Campaign. The event is open to all sworn full time law enforcement officers in Cuyahoga, Lorain, Medina, Summit, and Geauga counties. As this event will be occurring during Marine Week, members of the United States Marine Corps have also been invited to participate.

Competitors must present valid law enforcement picture identification on the day of contest in order to participate.

The competition consists of five free-weight events: 315 pound bench press, 350 pound dead lift, 350 pound squat, 200 pound overhead lift from the floor, and a keg (full) lift. Points awarded will be based on the number of completed repetitions. Contestants must complete at least one repetition in each event or otherwise forfeit five points. The first repetition is worth six points with each subsequent repetition being worth one point. Donations are based on total competition repetitions. Winner will be based on total score.

When: Saturday, June 16, 2012, 1000 hours
Where: St. Edward High School
13500 Detroit Avenue, Lakewood, OH 44107

Participants are not required to pay a registration fee but must obtain at least ten sponsors (individual, business, or organization) pledging to donate money per repetition or a simple flat dollar amount.

Participants may enter as individuals or as teams of three. First and Second place trophies will be awarded for individual and team total high scores, as well as individual First and Second place trophies for most money raised.

For more information contact Commander Keith Sulzer at (216) 623-5205 or ksulzer@city.cleveland.oh.us or cell phone (216) 857-7367. The attached registration form must be completed and received in the 2nd District Commander's Office no later than Friday, June 8, 2012. Forms may be scanned and emailed to Commander Sulzer or faxed to (216) 623-5242.

MM/ajg
Policy & Procedures Unit
Attachment

*2009 K Wallard
4/11/12 at 1445*



CLEVELAND'S STRONGEST COP REGISTRATION



ne: _____

Contact number: _____

Team Entry: Name #2: _____

Name #3: _____

Address: _____

Law Enforcement Agency Being Represented: _____

Sponsors Name		Home Phone	Work Phone	One Time Donation	Donation Per Repetition	Total Repetitions Completed	Total Amount Due
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
Grand Total:							

Each Participant is responsible for collecting the donations and submitting them after the competition.

Checks shall be payable to: Cleveland Police Foundation and sent to CPD 3481 Fulton Rd. Cleveland, Ohio

09 c/o Commander Sulzer **100% of the proceeds go to charity. All donations are tax deductible.**

Each participant must present a law enforcement picture ID and badge on the day of competition.

CLEVELAND'S STRONGEST COP

Event		Number of Repetitions Completed	Award Points 0 Reps = -5 1 or more Reps = +5	Total Points Number of reps + Points
315 Lbs Bench Press				
350 Lbs Squat				
350 Lbs Dead Lift				
200 Lbs Floor to Overhead				
Keg Lift				
Totals				

This is a fundraising event. Please get as many sponsors as possible to make it a successful and ongoing annual event.

Each lifter will be assigned a 2-hour session in which to compete. The lifter must warm-up before the session starts and complete all 5 lifts within the 2 hour session. The first session starts at 10:00 a.m. and ends at noon. The number of sessions depends on the number of total lifters entered. Lifters can check-in and warm-up ½ hour before their session.

Rules:

- 315 lbs bench press - Buttocks and shoulders need to be in contact with the bench at all times. The bar must touch the chest and the bar must be locked out completely for each rep to count.
- 350 lbs squat - Parallel or below is acceptable (the thigh must be 90 degrees minimum to the floor). Complete lockout is necessary.
- 350 lbs dead lift - Full lockout is necessary. The bar must be lowered to the floor, not dropped.
- 200 lbs overhead lift - The bar must be lifted from the floor and lifted overhead with full lockout. The bar can be dropped as long as the lifter maintains contact with the bar above the waist.
- Keg lift - The keg is about 90% full of water. The lifter must lift it off the floor and then overhead with the arms fully extended, close to a full lockout. After the first rep, the lifter can go from the waist or back down from the floor.

*The events may be done in any order based on the lifter's preference.

*Each event has a 2-minute time limit to complete as many reps as possible. The bench press and squat time limit is 2 minutes, or when the bar is racked.

* There are no bench shirts, squat suits, straps, or dead lift suits permitted. The only gear allowed are lifting belts, knee wraps, wrist wraps, elbow wraps (only due to injury), and weightlifting shoes.